

Full Report (All Nutrients) 19235, Puddings, chocolate, ready-to-eat, fat free

Report Date:October 08, 2015 16:14 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets**Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 4 oz 113g
Proximates					
Water	g	76.23	--	--	86.14
Energy	kcal	93	3	3.849	105
Energy	kJ	390	--	--	441
Protein	g	1.93	3	0.084	2.18
Total lipid (fat)	g	0.30	--	--	0.34
Ash	g	0.70	--	--	0.79
Carbohydrate, by difference	g	20.87	3	0.652	23.58
Fiber, total dietary	g	0.3	3	0.294	0.3
Sugars, total	g	15.75	3	0.694	17.80
Minerals					
Calcium, Ca	mg	39	3	17.688	44
Iron, Fe	mg	1.69	3	1.176	1.91
Magnesium, Mg	mg	15	--	--	17
Phosphorus, P	mg	54	--	--	61
Potassium, K	mg	208	--	--	235
Sodium, Na	mg	154	--	--	174
Zinc, Zn	mg	0.30	--	--	0.34
Copper, Cu	mg	0.083	--	--	0.094
Manganese, Mn	mg	0.078	--	--	0.088
Selenium, Se	µg	1.6	--	--	1.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	3	0.000	0.0
Thiamin	mg	0.018	--	--	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 4 oz 113g
Riboflavin	mg	0.074	--	--	0.084
Niacin	mg	0.087	--	--	0.098
Pantothenic acid	mg	0.148	--	--	0.167
Vitamin B-6	mg	0.016	--	--	0.018
Folate, total	µg	3	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	3
Folate, DFE	µg	3	--	--	3
Choline, total	mg	7.0	--	--	7.9
Vitamin B-12	µg	0.15	--	--	0.17
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1	--	--	1
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1
Lipids					
Fatty acids, total saturated	g	0.000	3	0.000	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 4 oz 113g
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	1	--	--	1
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	2	--	--	2
Theobromine	mg	53	--	--	60